## What is claimed is:

1. An ear warmer, comprising:

a shell; and

a frame configured to be inserted in said shell, said frame including:

a first frame member, said first frame member including a passageway and a projection disposed proximate to said first frame member passageway;

a second frame member, said second frame member including a plurality of projections, and

a third frame member, said third frame member including a passageway and a projection disposed proximate to said third frame member passageway, said first frame member passageway configured to receive said second frame member, said third frame member passageway configured to receive said second frame member, said first frame member projection and said third frame member projection being configured to engage said plurality of projections to couple said first frame member and said third frame member to said second frame member.

- 2. The ear warmer of claim 1, wherein said second frame member has an inner surface, said plurality of projections being disposed on said inner surface.
- 3. The ear warmer of claim 1, wherein said first frame member includes a band portion and an ear frame portion, said band portion including a plurality of projections, said first frame member passageway being disposed on said band portion.

- 4. The ear warmer of claim 1, wherein said first frame member includes a band portion and an ear frame portion, said band portion including a first surface and a plurality of projections disposed on said first surface, said first frame member passageway being disposed on said band portion.
- 5. The ear warmer of claim 1, wherein said first frame member includes a band portion and an ear frame portion, said first frame member passageway being disposed on said band portion, said band portion configured to be coupled to said ear frame portion.
- 6. The ear warmer of claim 1, wherein said first frame member includes its own band portion and its own ear frame portion, said second frame member includes its own band portion and its own ear frame portion, said band portion of said first frame member including a plurality of projections, said first frame member passageway being disposed on said band portion of said first frame member, said band portion of said second frame member including a plurality of projections, said second frame member passageway being disposed on said second band portion of said second frame member.
- 7. The ear warmer of claim 6, wherein said plurality of projections on said band portion of said first frame member is configured to engage said plurality of projections on said band portion of said second frame member.
- 8. The ear warmer of claim 6, wherein said plurality of projections on said band portion of said first frame member is configured to engage said plurality of projections on said band portion of said second frame member, said third frame member includes its own band portion,

said band portion of said third frame member including a plurality of projections configured to engage said plurality of projections on said band portion of said second frame member.

- 9. The ear warmer of claim 6, wherein said band portion of said first frame member is configured to be coupled to said ear frame portion of said first frame member, and said band portion of said second frame member is configured to be coupled to said ear frame portion of said second frame member.
- 10. A method of assembling an ear warmer frame, the ear warmer frame including a first frame member including a passageway and a projection, a second frame member including a plurality of projections, and a third frame member including a passageway and a projection, said method comprising:

inserting the second frame member into the first frame member passageway;
engaging the projection on the first frame member with the plurality of projections on
the second frame member; and

coupling the second frame member and the third frame member.

11. The method of claim 10, wherein said coupling the second frame member and the third frame member comprises:

inserting the second frame member into the third frame member passageway; and engaging the projection on the third frame member with the plurality of projections on the second frame member.

12. The method of claim 10, wherein the first frame member includes a plurality of projections, the method further comprising:

engaging the first frame member plurality of projections and the second frame member plurality of projections.

13. The method of claim 10, wherein the first frame member includes a plurality of projections, the second frame member includes a plurality of projections, the method further comprising:

engaging the first frame member plurality of projections and the second frame member plurality of projections, and said coupling the second frame member and the third frame member includes engaging the second frame member plurality of projections and the third frame member plurality of projections.

14. An ear warmer, comprising:

a shell, said shell including a plurality of membrane portions, said plurality of membrane portions being coupled together to define an interior of the ear warmer; and a frame configured to be inserted in said interior, said frame including:

- a band having a first end and a second end;
- a first ear frame member configured to be coupled to said first end of said band, said first ear frame member having an arcuate configuration; and
- a second ear frame member configured to be coupled to said second end of said band.

- 15. The ear warmer of claim 14, wherein said second ear frame member has an arcuate configuration.
- 16. An ear warmer, comprising:
  - a shell having an interior; and
- a frame disposed within the interior of said shell, said frame having a first ear portion, a second ear portion and a middle portion, the first ear portion of the frame including a first end coupled to the middle portion of the frame and a second end disposed away from the middle portion of the frame, the second ear portion of the frame including a first end coupled to the middle portion of the frame and a second end disposed away from the middle portion of the frame.
- 17. The ear warmer of claim 16, wherein the first ear portion of the frame has an arcuate configuration.
- 18. The ear warmer of claim 16, wherein the first ear portion of the frame is semi-circular in shape.
- 19. An ear warmer, comprising:
  - a shell having an interior; and
- a frame disposed within the interior of said shell, said frame having a first ear portion, a second ear portion and a middle portion, the first ear portion of the frame defining an open loop and being coupled to the middle portion of the frame, the second ear portion of the frame defining an open loop and being coupled to the middle portion of the frame.

- 20. An ear warmer, comprising:
  - a shell having an interior, and
- a frame disposed within the interior of said shell, said frame having a first ear portion, a second ear portion and a band portion, the first ear portion being slideably coupled to the band portion, the second ear portion being slideably coupled to the band portion.
- 21. The ear warmer of claim 20, wherein the band portion includes a first passageway and a second passageway, the first ear portion of said frame being configured to communicate with the first passageway of the band portion to slideably couple the first ear portion to the band portion, the second ear portion of said frame being configured to communicate with the second passageway to slideably couple the second ear portion to the band portion.
- 22. The ear warmer of claim 20, wherein said shell having a first membrane and a second membrane, the first membrane including a perimeter, a first substantially circular ear portion, a second substantially circular ear portion and a middle portion disposed between the first and the second substantially circular ear portions of the first membrane, the second membrane including a perimeter, a first substantially circular ear portion, a second substantially circular ear portion and a middle portion disposed between the first and the second substantially circular ear portions of the second membrane, at least a portion of the perimeter of the first membrane being coupled to at least a portion of the perimeter of the second membrane.